STANDARDIZED NUTRIRIONAL CARE PROCESS FOR ACUTE GASTROENTERITIS (GEA) PATIENTS AT YOGYAKARTA PDHI ISLAMIC HOSPITAL

Zukhrufy Adiba[1], Nur Hidayat[2], Rini Wuri Astuti[3]

[1,2,3] Department of Nutrition Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta

Email: zukhrufyadibaa@gmail.com

ABSTRACT

Background: Diarrhea is an infectious health problem in digestion where the stool is unformed and even tends to be liquid with marked lender or without lender, there is blood with the frequency of stool disposal occurring more than three times in 24 hours. Based on the Integrated Surveillance of Diseases (STP), diarrhea is the third in the category of the top 10 diseases sourced from the DIY Puskesmas STP in 2021, namely 10008 cases, with the 2021 Integrated Surveillance of Diseases (STP) inpatient diarrhea cases amounting to 3524 cases. The nutritional care process is needed because malnutrition and dehydration in children can occur, reducing the intake of nutrients that should be needed in the child's body due to the diarrhea experienced.

Objective: Knowing the standardized nutritional care process for patients with acute gastroenteritis (GEA) at the Yogyakarta PDHI Islamic Hospital.

Method: This study used a descriptive observational method with a case study design. The research subjects were patients with a medical diagnosis of acute gastroenteritis (GEA) who were in the pediatric ward and underwent hospitalization for at least 3 days at the Yogyakarta PDHI Islamic Hospital.

Results: Based on the results of nutritional screening, the patient is at risk of moderate malnutrition. The patient's nutritional status according to BMI is in the category of good or normal nutrition. Biochemical examination obtained high leukocyte and neutrophil results and showed positive results for bacteria in feces. Physical examination showed that the patient was in a state of composmentis, weak, walking mobilization and diarrhea 17 times. Clinical examination showed that pulse and respiration were normal while temperature was unstable. The patient's 24-hour recall intake was in the deficit category. The intervention given was a low residual diet with the usual form and frequency of 3x main meals and 2x snacks. The results of monitoring and evaluation of the patient as a whole have improved.

Conclusion: The study found that patients are at risk of moderate malnutrition with good or normal nutritional status. The patient's condition during an overall monitoring and evaluation has improved compared to when he was admitted to the hospital.

Keywords: Standardized Nutrition Care Process, Acute Gastroenteritis

PROSES ASUHAN GIZI TERSTANDAR PADA PASIEN GASTROENTERITIS AKUT (GEA) DI RUMAH SAKIT ISLAM YOGYAKARTA PDHI

Zukhrufy Adiba[1], Nur Hidayat[2], Rini Wuri Astuti[3]

[1,2,3] Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta

Email: zukhrufyadibaa@gmail.com

ABSTRAK

Latar Belakang: Diare merupakan permasalahan kesehatan infeksi pada pencernaan dimana feses tidak berbentuk bahkan cenderung cair dengan ditandai lender atau tanpa lender, terdapat darah dengan frekuensi pembuangan feses terjadi lebih dari tiga kali dalam 24 jam. Berdasarkan Suveilans Terpadu Penyakit (STP) diare menjadi urutan ketiga dalam kategori 10 besar penyakit bersumber STP Puskesmas DIY Tahun 2021 yakni sebesar 10008 kasus, dengan Surveilans Terpadu Penyakit (STP) rawat inap tahun 2021 kasus diare sebesar 3524 kasus. Proses asuhan gizi diperlukan dikarenakan dapat terjadinya malnutrisi dan dehidrasi pada anak sehingga mengurangi asupan zat gizi yang seharusnya dibutuhkan dalam tubuh anak karena kondisi diare yang dialami.

Tujuan: Mengetahui proses asuhan gizi terstandar pada pasien Gastroenteritis Akut (GEA) di Rumah Sakit Islam Yogyakarta PDHI

Metode: Penelitian ini menggunakan metode observasional deskriptif dengan desain studi kasus. Subyek penelitian yaitu pasie dengan diagnosis medis gastroenteritis akut (GEA) yang berada di bangsal anak dan menjalani rawat inap minimal 3 hari di Rumah Sakit Islam Yogyakarta PDHI

Hasil Penelitian: Berdasarkan hasil skrining gizi menunjukkan bahwa pasien beresiko malnutrisi sedang. Status gizi pasien menurut IMT termasuk dalam kategori gizi baik atau normal. Pemeriksaan biokimia didapatkan hasil leukosit dan neutrophil yang tinggi serta menunjukkan hasil positif bakteri pada feses. Pemeriksaan fisik menunjukkan pasien dalam keadaan composmentis, lemas, mobilisasi berjalan dan diare sebanyak 17 kali. Pemeriksaan klinis menunjukkan bahwa nadi dan respirasi normal sedangkan suhu belum stabil. Asupan recall 24 jam pasien termasuk dalam kategori defisit. Intervensi yang diberikan yaitu diet rendah sisa dengan bentuk biasa serta frekuensi 3x makanan utama dan 2x selingan. Hasil monitoring dan evaluasi pasien secara keseluruhan mengalami peningkatan.

Kesimpulan: Hasil penelitian dapat diketahui bahwa pasien beresiko malnutrisi sedang dengan status gizi baik atau normal. Keadaan pasien saat dilakukan monitoring dan evaluasi secara keseluruhan mengalami peningkatan dibandingkan saat masuk rumah sakit.

Kata Kunci: Proses Asuhan Gizi Terstandar, Gastroenteritis Akut